



Kol Zimrah

An experiential, connected
and spiritual service

Kol Zimrah Companion Tifereth Israel Synagogue

Judaism is a way of life that endeavors to transform virtually every human action into a means of communion with God.

Louis Finkelstein, *The Jews*

Why We Pray

Prayer is a way of sensitizing ourselves to the wonder of life, of expressing gratitude and praising the reality of G-d.

Prayer is at the heart of great living. Prayer is a step on which we rise from the self we are to the self we wish to be. It affirms the hope that no reality can crush; the aspiration that can never acknowledge defeat. Prayer is not an escape from duty. It is no substitute for the deed. Prayer reinforces loving acts rather than replacing them. Prayer joins our little self to the selfhood of humanity.

(Partly adapted from Morris Adler's "Prayer: The Heart of Significant Living")

The Power of prayerful Singing: The emotions of our inner life are so strong, that they give rise to poetry and song. The Baal Shem Tov taught that the way to praise G-d is first to begin with words and then, as our souls rise, to give expression to the words with song; the music moves us to sing without words, and finally, our whole body wants to praise G-d and we dance.

(From Mahzor Lev Shalem)

Throughout this supplement you will find Hebrew words highlighted that are specifically associated with the prayer that you can use to help you pray with kavanah and to focus your meditations.

A Shabbat Reflection

We reach for godliness from our quiet places.
May we stand still for a brief moment, and listen to the rain.
Stand still, for a brief moment,
and watch the play of sunlight and shadow on the leaves.
For a brief moment, let us listen to the world.

Let us stop the wheels of every day to be aware of Shabbat.
Find the stillness of the sanctuary that the should cherishes.
Renew the covenant of our past, present and future.

We need a quiet space to test the balance of our days.
The weight of our own deeds
against the heaviness of the world's demands.
The balance is precious, steady us with faith.

Quiet places and stillness
where we will hear our own best impulses speak.
Quiet places and stillness
from which we will reach out to each other.

We will find strength in silence and with this strength
we will turn again to your service, bringing godliness to all.

Modeh Ani (page 61)

Modeh/ah ani l'fanecha melech
chai V'kayam
Sh'hechezarta bi nishmati
b'chemla, raba emnunatecha

מוֹדֵה אֲנִי לְפָנֶיךָ, מֶלֶךְ חַי וְקַיִם,
שֶׁהֲחִזַּרְתָּ בִּי נִשְׁמָתִי בְּחֶמְלָה,
רַבָּה אֱמוּנָתְךָ.

Thankful am I before You, living and eternal sovereign, for your kindness in restoring my soul. Your faithfulness is great.

Hebrew word for meditation

alive, life	Chai	חַי
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Elohai N'shamah (Page 63)

Elohai n'shamah she'natata bee,
t'horah hee

אֱלֹהֵי, נְשָׁמָה שְׁנַתַּת בִּי טְהוֹרָה הִיא.

Hebrew word for meditation:

soul	neshamah	נְשָׁמָה
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My God,
 The life and soul which You placed within me are pure
 You breathed of Yourself into my flesh
 Creating and forming in me a deep awareness of Your Presence
 It is You who constantly arouse the desire to live within me
 You are the origin of all that happens
 And every soul is a part of You.
 Praised are You, Adonai
 Constantly renewing life within me
 With Your breath of love.

Birkhot HaShachar (Blessings for a New Day) Page 65

Barukh atah Adonai, our God, sovereign of time and space,
 who enables the bird to distinguish day from night,
 who made me in the divine image,
 who made me free,
 who made me a Jew,
 who gives sight to the blind,
 who clothes the naked,
 who releases the bound,
 who straightens those who are bent,
 who stretches out the earth over the waters,
 who steadies our steps,
 who has provided for all my needs,
 who strengthens the people Israel with courage,
 who crowns the people Israel with glory,
 and who gives strength to the weary.

Mourner's Kaddish

Yitgadal v'yitkadash sh'mei raba.
 B'alma di v'ra chirutei,
 v'yamlich malchutei, b'chayeichon
 uv'yomeichon uv'chayei d'chol
 beit Yisrael,
 baagala uviz'man kariv.
 V'im'ru: **Amen.**

יִתְגַּדַּל וְיִתְקַדַּשׁ שְׁמֵהּ רַבָּא. בְּעֵלְמָא דִּי
 בְּרָא כְרַעוּתֵיהּ, וְיִמְלִיךְ מַלְכוּתֵיהּ
 בְּחַיֵּיכוֹן וּבְיוֹמֵיכוֹן וּבְחַיֵּי דְכָל בֵּית
 יִשְׂרָאֵל, בְּעֵגְלָא וּבְזִמְן קָרִיב, וְאָמְרוּ אָמֵן.

Y'hei sh'mei raba
m'varach l'alam ul'almei
almaya.

יְהֵא שְׁמֵהּ רַבָּא מְבָרַךְ לְעָלְמִי
 וְלְעָלְמֵי אֱלֵמֵי.

Yitbarach v'yishtabach
 v'yitpaar v'yitromam
 v'yitnasei, v'yit'hadar v'yitaleh
 v'yit'halal sh'mei d'Kud'sha **B'rich**
Hu, l'eila min kol
 birchatv'shirata, tushb'chata
 v'nechemata, daamiran b'alma.
 V'imru: **Amen.**
 Y'hei sh'lama raba min
 sh'maya, v'chayim aleinu v'al kol
 Yisrael. V'imru: **Amen.**
 Oseh shalom bimromav, Hu
 yaaseh shalom aleinu, v'al kol
 Yisrael. V'imru: **Amen.**

יִתְבָּרַךְ וְיִשְׁתַּבַּח וְיִתְפָּאֵר וְיִתְרוֹמֵם
 וְיִתְנַשֵּׂא וְיִתְהַדָּר וְיִתְעַלֶּה וְיִתְהַלַּל שְׁמֵהּ
 דְקָדְשָׁא בְרִיךְ הוּא, לְעֵלְמָא מִן כָּל בְּרַכְתָּא
 וְשִׁירְתָּא תְּשַׁבְּחָתָא וְנַחֲמָתָא, דְאִמְרוּן
 בְּעֵלְמָא, וְאָמְרוּ אָמֵן.
 יְהֵא שְׁלָמָא רַבָּא מִן שְׁמַיָּא, וְחַיִּים עָלֵינוּ
 וְעַל כָּל יִשְׂרָאֵל, וְאָמְרוּ אָמֵן.
 עֹשֶׂה שְׁלוֹם בְּמְרוֹמָיו, הוּא יַעֲשֶׂה שְׁלוֹם
 עָלֵינוּ וְעַל כָּל יִשְׂרָאֵל, וְאָמְרוּ אָמֵן.

Hebrew word for meditation

Let it be magnified/ great, big	yitgadal, gadol	גָּדוֹל / יִתְגַּדַּל
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Baruch Sheamar (Page 83)

Blessed is the One who spoke and the world came into being.
Let us always remember the power of the spoken word.
Everlasting is the word that heals.
Stinging is the scornful word.
Soothing is the word of true emotion.
Even the word of infants can reach the heavens.
Dreams begin with words.
In our voice we find the power to create the world anew.
Simply listening to the other's voice is the greatest blessing we can offer.
Too often we choose not to speak when we must.
Help us oh Lord to speak only when it is helpful.
Eloquence is a matter of subject when we speak on your behalf.
Open our ears to your blessing.
Never are we alone in your blessing
Enter our hearts through your blessing.

--Rabbi Jonathan Infeld

Hebrew word for meditation

Says (called the world into being)	oh-mehr	אומר
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Hodu L'Adonai

Hodu La'Adnoai Ki tov, ki l'olam chasdo

הודו ליי כי טוב, כי לעולם חסדו.

Give thanks to God for God is good.

give thanks, acknowledge	hodu	הודו
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Psalm 148 - Halleluyah (Page 99)

*Halleluyah, praise God.
 From the heavens, offer praise to Adonai,
 on high, offer praise:
 all angels, offer praise to God,
 all the hosts of heaven, offer praise to God,
 sun and moon, offer praise to God,
 highest heavens and waters above, offer praise to God;
 may all praise the name Adonai.*

Hebrew word for meditation

give praise, raise up	halelu	הללו
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The Song of the Sea (Page 102)

Sometimes, we sing to ourselves - no one else hears the sound, yet our minds are singing.

Sometimes we sing - our vocal chords voice a tune, and all can hear it and recognize it.

And sometimes we sing and every cell of our bodies contains the song Such songs transform both the singer and the listener.

That is the way that the people Israel sang as they were saved, in crossing the sea.
- Netivot Shalom

God is my strength **AND** my song, and will become my deliverance.

Nishmat Kol Chai (Page 104)

נְשִׁמַת כָּל חַי, תְּבָרַךְ אֶת שְׁמֶךָ יי אֱלֹהֵינוּ,

Nishmat Kol Chai, Tivareich et shimchah Adonai Elocheinu

The breath of all that lives praises You, Adonai our God.

Hebrew word for meditation

higher soul, human soul	nishmat, neshama	נְשִׁמַת/נְשָׁמָה
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You alone, Your Breath of Life alone,
Guides us
Frees us
Transforms us,
Heals us
Nurtures us
Teaches us.
First, Last, Future, Past,
Inward, Outward,
Beyond, Between,
You are the breathing that gives life to all the worlds
And we do the breathing that gives life to all the worlds.

As we breathe out what the trees breathe in,
And the trees breathe out what we breathe in,
So we breathe each other into life,
We and you

God's great love (Page 111)

אַהֲבָה רַבָּה אַהֲבַתָּנוּ יְיָ אֱלֹהֵינוּ

Ahava rabah ahavtanu Adonai eloheinu

You have loved us deeply, Adonai our God, and showered us with boundless compassion.

Avinu Malkeinu, for the sake of our ancestors who trusted in You and to whom You taught the laws of life, so may You be gracious to us and instruct us.

Kind creator, have compassion for us, open our hearts so that we may understand, hear and study, observe, perform and fulfill all the teachings of Your Torah with love.

Enlighten our eyes with Your Torah; attach our hearts to your mitzvot; unify our hearts to love and revere Your name so that we never lose hope.

As we trust in Your great, holy, awe-inspiring name, we will delight and rejoice in Your deliverance

Barukh atah Adonai, who lovingly cares for the people Israel.

Shema (Page 112)

שְׁמַע יִשְׂרָאֵל, יְיָ אֱלֹהֵינוּ, יְיָ אֶחָד.

Shema Yisrael Adonai Eloheinu Adonai Echad

Hear O' Israel, the Lord is our God, The Lord, is One.

בְּרוּךְ שֵׁם כְּבוֹד מַלְכוּתוֹ לְעוֹלָם וָעֶד.

Baruch shem k'vod mal-chuto l'olam va-ed (silently)

Blessed is the Name of God's glorious kingdom forever and ever.

V'ahavta

You shall love Adonai your God with all your heart, with all your soul, and with all that is yours. These words that I command you this day shall be taken to heart.

Hebrew word for meditation

love	ah-hava	אַהֲבָה
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Loving life and its source with all our heart and all our spirit, all our senses and strength, we daily affirm that G-d is Echad - that G-d is one. This oneness suggests a unity of heaven and earth, ultimately connecting us all through time and space.

In a world of great separation and diversity how wonderful that we came together to recite the Shema, listen to its calling and be reminded of the possibilities of unity.

How even more wonderful is today's gift of Shabbat as it guides us to godliness from a calmer place than every other day. With Shabbat we have a quiet space to test the balance of our days. This balance is precious, it steadies us with faith. May it lead us to renewing the covenant of our past, present and future."

Amidah (Page 115b)

אֲדַנִּי שְׁפְתַי תִּפְתַּח וּפִי יַגִּיד תְּהִלָּתְךָ.

**Eternal God, open my lips, that my mouth may declare Your glory
(Psalms 51:17)**

**Elohei Leah v'lohei Rachel.
Ha'El hagadol, hagibor
v'hanora El elyon. Gomeil
chasadim tovim, v'konei hakol,
v'zocheir chasdei avot
v'imahot, umeivi g'ulah livnei
v'neihem, l'ma'an sh'mo
b'ahava.**

**בְּרוּךְ אַתָּה יי אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ,
אֱלֹהֵי אַבְרָהָם, אֱלֹהֵי יִצְחָק, וְאֱלֹהֵי
יַעֲקֹב, אֱלֹהֵי שְׂרָה אֱלֹהֵי רַבֵּקָה אֱלֹהֵי
רְחֵל וּבְלֵהָה וְאֱלֹהֵי לֵאָה הָאֵל הַגָּדוֹל
הַגָּבוֹר וְהַנּוֹרָא, אֵל עֲלִיוֹן, גּוֹמֵל חֲסָדִים
טוֹבִים, וְקֹנֵה הַכֶּל, וְזוֹכֵר חֲסָדֵי אֲבוֹת,
וּמְבִיא גּוֹאֵל לְבָנֵי בְנֵיהֶם, לְמַעַן שְׂמוֹ
בְּאַהֲבָה.**

**Melech ozeir u'foked umoshia
umagein. Baruch Ata Adonai,
magen Avraham u'foked Sarah.**

**מֶלֶךְ עוֹזֵר וּפּוֹקֵד וּמוֹשִׁיעַ וּמַגֵּן. בְּרוּךְ
אַתָּה יי, מַגֵּן אַבְרָהָם וּפּוֹקֵד שְׂרָה.**

**Ata gibor l'olam Adonai,
m'chayei hametim Ata, rav
l'hoshia.**

**אַתָּה גָּבוֹר לְעוֹלָם אֲדַנִּי, מְחַיֶּה מֵתִים
אַתָּה, רַב לְהוֹשִׁיעַ.**

**Ma-shiv ha-ruach umorid
hagashem**

מְשִׁיב הַרוּחַ וּמוֹרִיד הַגֶּשֶׁם.

(Between Simchat Torah and First Day of
Pesach)

Morid hatal

מוֹרִיד הַטַּל

(From Pesach to Shemini Atzeret)

**M'chalkel chayim b'chesed,
m'chayei metim b'rachamim
rabim.
Somech noflim, v'rofe cholim,
umatir asurim, um'kayeim
emunato lisheinei afar. Mi
chamocha, ba'al g'vurot, umi
domeh lach, melech meimit
um'chayeh umatzmiach
y'shua?**

**מְכַלְכֵּל חַיִּים בְּחֶסֶד, מְחַיֶּה מֵתִים
בְּרַחֲמִים רַבִּים, סוֹמֵךְ נוֹפְלִים, וְרוֹפֵא
חוֹלִים, וּמְתִיר אֲסוּרִים, וּמְקַיֵּם אֱמוּנָתוֹ
לִישְׁנֵי עֶפֶר, מִי כְמוֹד בְּעַל גְּבוּרוֹת וּמִי
דוֹמֵה לָךְ, מֶלֶךְ מֵמִית וּמְחַיֶּה וּמְצַמֵּחַ
יְשׁוּעָה.**

**וְנֶאֱמַן אַתָּה לְהַחְיֹת מֵתִים. בְּרוּךְ אַתָּה
יי, מְחַיֶּה הַמֵּתִים.**

**V'ne'eman Ata l'hachayot
hametim.
Baruch Ata Adonai, m'chayeh
hametim.**

**Baruch Ata, Adonai Eloheinu,
v'lohe avoteinu v'imoteinu:
Elohei Avraham, Elohei
Yitzchak, v'lohei Ya'akov.
Elohei Sarah, Elohei Rivkah,**

Rabbi Abraham Joshua Heschel taught: “The meaning of Shabbat is to turn from the results of creation to the mystery of creations; from the world of creation to the creation of the world.

Avot: We call upon our Ancestors for Support in our Journey

We bless You Infinite Source who empowers us,
 In whom our forebearers found their strength:
 Power of Avraham, Power of Yitzhak, Power of Ya’akov
 Power of Sarah, Power of Rivkah, Power of Rache, Power of Leah,
 Power of all who hear truth age after age,
 Boundless, vibrant, awesome, sublime,
 Surrounding and filling all space and time.
 Gradually embracing all things into the One.
 We bless the Infinite Source, alive within us
 Helaping, saving and protecting Power! A fountain of blessing are You, Holy One, protector of Avraham, supporter of Sarah.

Chesed and Gevurah: We open to Divine expansiveness and Power

Who is like You!
 Source of all strength
 Source of all compassion, all healing.
 Inspiration in time of despair,
 Keeping alive our ideals, hopes and dreams,
 Making the dead live again through us.
 Loyal restorer of life! A Fountain of Blessing are You, Holy One, restorer of life to the deadened.

יְשִׁמַח מִשָּׂה בְּמִתְנַת חֶלְקוֹ, כִּי עֶבֶד נַאֲמֹן קָרָאתָ לוֹ. כְּלִיל תִּפְאַרֶת בְּרָאשׁוֹ נָתַתָּ, בְּעִמְדוֹ
 לְפָנֶיךָ עַל הַר סִינַי. וְשָׁנִי לוֹחֹת אֲבָנִים הוֹרִיד בְּיָדוֹ, וְכָתוּב בָּהֶם שְׁמִירַת שַׁבָּת, וְכֵן כָּתוּב
 בְּתוֹרָתְךָ:

Hebrew word for meditation:

happy	sa'me'ach	שִׂמַח
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וְשָׁמְרוּ בְּנֵי יִשְׂרָאֵל אֶת הַשַּׁבָּת, לַעֲשׂוֹת אֶת הַשַּׁבָּת לְדֹרֹתָם בְּרִית עוֹלָם. בֵּינִי וּבֵין בְּנֵי
 יִשְׂרָאֵל אוֹת הַיָּא לְעֹלָם, כִּי שֵׁשֶׁת יָמִים עָשָׂה יְיָ אֶת הַשָּׁמַיִם וְאֶת הָאָרֶץ, וּבַיּוֹם הַשְּׁבִיעִי
 שָׁבַת וַיִּנְפֹּשׁ.

Hebrew word for meditation:

(they) keep/guard	shamru	שָׁמְרוּ
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ולא נתתו יי אלהינו לגויי הארצות, ולא הנחלתו מלכנו לעובדי פסילים, וגם במנוחתו לא ישכנו ערלים. כי לישראל עמך נתתו באהבה, לזרע יעקב אשר בם בחרת. עם מקדשי שביעי, כלם ישבעו ויתענגו מטובך, ובשביעי רצית בו וקדשתו, חמדת ימים אותו קראת, זכר למעשה בראשית.

Hebrew word for meditation:

land	eretz	אֶרֶץ
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אלהינו ואלהי אבותינו, רצה במנוחתנו, קדשנו במצותיך, ותן חלקנו בתורתך, שבענו מטובך, ושמחנו בישועתך, וטהר לבנו לעבדך באמת, והנחילנו יי אלהינו באהבה וברצון שבת קדשך, וינחונו בו ישראל מקדשי שמך. ברוך אתה יי, מקדש השבת.

Hebrew word for meditation:

truth	emet	אֱמֶת
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רצה, יי אלהינו, בעמך ישראל ובתפלתם, והשב את העבודה לדביר ביתך, ואשי ישראל, ותפלתם באהבה תקבל ברצון, ותהי לרצון תמיד עבודת ישראל עמך.

Hebrew word for meditation:

service	avodah	עֲבוּדָה
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ותחזינה עינינו בשובך לציון ברחמים. ברוך אתה יי, המחזיר שכינתו לציון.

Hebrew word for meditation:

our eyes	eneinu	עֵינֵינוּ
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Avodah: We open ourselves to sacred service

We bless the One who enables us to feel deeply,
To know our needs, and the needs of our world.

May our actions flow with Your goodness, grace, love and care.

May our prayer arise and find acceptance with love.

May our lives turn always towards You,

So Your shekhinah will dwell within us always.

May our eyes behold Your loving homecoming to Zion.

A fountain of blessing are You, HOly One, who brings Your shekhinah home.

מוֹדִים אֲנַחֲנוּ לָךְ, שְׂאֵתָהּ הוּא, יי אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ, לְעוֹלָם וָעֶד, צוֹר חַיֵּינוּ, מְגוֹן יִשְׁעֵנוּ, אֵתָהּ הוּא לְדוֹר וָדוֹר, נוֹדָה לָךְ וְנִסְפָּר תְּהִלָּתְךָ, עַל חַיֵּינוּ הַמְּסוּרִים בְּיָדְךָ, וְעַל נְשִׁמוֹתֵינוּ הַפְּקוּדוֹת לָךְ, וְעַל נְסִיךְ שְׂבָכָל יוֹם עִמָּנוּ, וְעַל נִפְלְאוֹתֶיךָ וְטוֹבוֹתֶיךָ שְׂבָכָל עֵת, עָרֵב וּבִקֵּר וְצַהֲרַיִם, הַטּוֹב, כִּי לֹא כָלוּ רַחֲמֶיךָ, וְהִמְרַחֵם, כִּי לֹא תָמוּ חֲסָדֶיךָ, מֵעוֹלָם קוּיֵנוּ לָךְ.

Hebrew word for meditation:

we thank	modim	מוֹדִים
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Modim: We Open Ourselves to gratitude

We are thankful for all the generations that came before us,
 For our parents who brought us into this world,
 For the miracles that greet us every day,
 For the morning, noon and night,
 For the joy of continual discovery,
 For the beauty that surrounds us and is us.
 For all these may Your Name be praised for ever.

וְעַל כֻּלָּם יִתְבָּרַךְ וְיִתְרוֹמַם שְׁמֶךָ מַלְכֵנוּ תָמִיד לְעוֹלָם וָעֶד.

וְכָל הַחַיִּים יוֹדוּךָ סֵלָה, וַיְהִלְלוּ אֶת שְׁמֶךָ בְּאַמֶּת, הָאֵל יְשׁוּעָתָנוּ וְעֲזָרָתָנוּ סֵלָה. בְּרוּךְ אַתָּה יי, הַטּוֹב שְׁמֶךָ וְלָךְ נֶאֱדָה לְהוֹדוֹת.

אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ, בְּרַכְנוּ בְּבִרְכָה הַמְּשַׁלֶּשֶׁת בַּתּוֹרָה הַכְּתוּבָה עַל יְדֵי מֹשֶׁה עַבְדְּךָ, הָאֲמוּרָה מִפִּי אֶהְרֹן וּבְנָיו כֹּהֲנִים, עִם קְדוֹשֶׁךָ, כְּאֲמוּר.

יְבָרְכֶךָ יי וְיִשְׁמְרֶךָ. (כִּן יְהִי רְצוֹן)
 יָאֵר יי פָּנָיו אֵלֶיךָ וַיַּחֲנֶךָ. (כִּן יְהִי רְצוֹן)
 יִשָּׂא יי פָּנָיו אֵלֶיךָ וַיִּשֶׂם לָךְ שְׁלוֹם. (כִּן יְהִי רְצוֹן))

Hebrew word for meditation:

God/our God	el/eloheinu	אֵל /אֱלֹהֵינוּ
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שִׁים שְׁלוֹם טוֹבָה וּבִרְכָה, חֵן וְחֶסֶד וְרַחֲמִים, עָלֵינוּ וְעַל כָּל יִשְׂרָאֵל עַמְּךָ. בְּרַכְנוּ, אֲבִינוּ, בְּלָנוּ כְּאֶחָד בְּאוֹר פְּנִיךָ, כִּי בְּאוֹר פְּנִיךָ נִתְּתָ לָנוּ, יי אֱלֹהֵינוּ, תּוֹרַת חַיִּים וְאַהֲבַת חֶסֶד, וְצַדִּיקָה וּבִרְכָה וְרַחֲמִים וְחַיִּים וְשְׁלוֹם, וְטוֹב בְּעֵינֶיךָ לְבָרַךְ אֶת עַמְּךָ יִשְׂרָאֵל בְּכָל עֵת וּבְכָל שְׁעָה בְּשְׁלוֹמְךָ.

Hebrew word for meditation:

kindness/love	chesed	חֶסֶד
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אֱלֹהֵי, נִצּוּר לְשׁוֹנֵי מִרְעָה, וּשְׁפָתַי מִדְּבַר מִרְמָה, וְלִמְקַלְלֵי נַפְשֵׁי תַדִּים, וְנַפְשֵׁי כְּעֶפֶר לְכָל תְּהִיָּה. פָּתַח לִבִּי בְּתוֹרָתְךָ, וּבְמִצְוֹתֶיךָ תִּרְדּוּף נַפְשִׁי. וְכָל הַחוֹשְׁבִים עָלַי רָעָה, מִהֲרֵה הַפֵּר עֲצָתָם וְקַלְקַל מַחְשַׁבְתָּם. עֲשֵׂה לִמְעַן שְׁמֶךָ, עֲשֵׂה לִמְעַן יְמִינְךָ, עֲשֵׂה לִמְעַן קִדְשׁוֹתֶיךָ, עֲשֵׂה לִמְעַן תּוֹרָתְךָ. לִמְעַן יִחַלְצוּן יְדִידֶיךָ, הוֹשִׁיעָה יְמִינְךָ וְעַנְנֵי. יְהִי לְרָצוֹן אִמְרֵי פִי וְהִגִּיוֹן לִבִּי לְפָנֶיךָ, יְיָ צוּרִי וְגֹאֲלִי. עֲשֵׂה שְׁלוֹם בְּמִרוֹמָיו, הוּא יַעֲשֶׂה שְׁלוֹם עָלֵינוּ, וְעַל כָּל יִשְׂרָאֵל, וְאָמְרוּ אָמֵן.

Hebrew word for meditation:

heart(or mind)/my heart	lev/leebee	לב/לבי
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Oseh shalom

Oseh Shalom bim'ro'mav
Hu ya'aseh shalom alei'nu
V'al kol Yisrael
V'al kol yoshvei tevel
V'imru Amen

עֲשֵׂה שָׁלוֹם בְּמִרוֹמָיו,
הוּא יַעֲשֶׂה שָׁלוֹם עֲלֵינוּ,
וְעַל כָּל יִשְׂרָאֵל,
וְעַל כָּל יוֹשְׁבֵי תֵבֵל,
וְאָמְרוּ אָמֵן.

May the One who creates peace on high bring peace to us and to all Israel and to all who dwell on earth. And we say Amen.

Hebrew word for meditation

wholeness, peace	shalom	שָׁלוֹם
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Mi Shebeirach (Debbie Friedman)

Mi Shebeirach avoteinu M'kor habracha L'imoteinu
May the source of strength who blessed the ones before us Help us find the
courage to make our lives a blessing and Let us say, amen.

Me Shebeirach imoteinu, m'kor habracha l'avoteinu Bless those in need of
healing with r'fua sh'leima, The renewal of body, the renewal of spirit, and
Let us say, amen.

Prayer for Our Country

By Rabbi Ayelet Cohen

Our God and God of our ancestors,
bless this country and all who dwell
within it. Help us to experience the
blessings of our lives and
circumstances

To be vigilant, compassionate, and
brave

Strengthen us when we are afraid

Help us to channel our anger

So that it motivates us to action

Help us to feel our fear

So that we do not become numb

Help us to be generous with others

So that we raise each other up

Help us to be humble in our fear,

knowing that as vulnerable as we
feel there are those at greater risk,

And that it is our holy work to stand
with them

Help us to taste the sweetness of
liberty

To not take for granted the
freedoms won in generations past
or in recent days

To heal and nourish our
democracy, that it may be like a
tree planted by the water whose
roots reach down to the stream

It need not fear drought when it

comes, its leaves are always green

Source of all Life,

Guide our leaders with
righteousness

Strengthen their hearts but keep

them from hardening

That they may use their influence
and authority to speak truth and
act for justice

May all who dwell in this country
share in its bounty, enjoy its
freedoms and be protected by its

laws May this nation use its power
and wealth to be a voice for justice,
peace and equality for all who
dwell on earth

May we be strong and have
courage

To be bold in our action and deep
in our compassion

To discern when we must listen
and when we must act

To uproot bigotry, intolerance,
misogyny, racism, discrimination
and violence in all its forms

To celebrate the many faces of God
reflected in the wondrous diversity
of humanity

To welcome the stranger and the
immigrant and to honor the gifts of
those who seek refuge and
possibility here,

As they have since before this
nation was born

Let justice well up like waters, and
righteousness like a mighty stream

(_Jeremiah 17:8_; _Isaiah 16:3-5_;
Amos 5:24)

Aleinu (Page 183)
Ein Od - THERE IS NO OTHER!

Shabbat shalom!